

PA NEN - Weekly Food & Nutrition News Nibbles



Week of February 24, 2014

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PA NEN News

[Take Advantage of PA NEN's Annual Conference "Register NOW Pay Later Option"](#)

Are you planning on attending PA NEN's Annual Conference on April 28-29 but have not registered yet because you are waiting for the payment to be processed?

No worries! You can [register today](#), and pay later. Just select the 'Bill Me' option when you register online. If you are registering using the printed PDF form, simply write 'Bill Me' in the credit card information area.

[Register](#) because sessions will fill up fast!

SNAC Vegetable of the Month: Potatoes!

Did you know the Incas told time by comparing it to how long it took to cook potatoes? Wow! This ancient tuber, can replace noodles in a soup. Mash them with leeks, a little butter, low-fat milk, salt and pepper for a perfect side dish. Try them crispy on the outside and tender within in a potato, vegetable roast. Get recipes, storage and purchasing tricks, nutrition information and kids' activities in our [Potato Newsletter \(En Español\)](#).

International and National News:

[Childhood obesity rates drop 43% in the last decade.](#)

[More people worry about their kids' weight and eating habits compared to kids using drugs.](#)

For years it was thought that kids could regulate their fullness. But, [new studies](#) suggest that you must be aware of their hunger cues.

[New trends show that people drink caffeine through energy and coffee](#)

[drinks.](#)

[In one college, 59% of students suffered from food insecurity at one point. How are schools handling this statistic](#)

[Military families need of food assistance.](#)

How can you give comfort food a healthy makeover? [Here](#) are some ideas.

[Food crop farmers and government take climate change into perspective with these future funds.](#) As changes continue to occur, [farmers work their land a little differently.](#)

[End food battles with your kids with these suggestions.](#)

[Check out this mini-refresher pre- and probiotics.](#)

[Down with the stereotypes of hunger by giving cameras to those in need!](#) See the [organization](#) that created this project.

[11 graphs proving that many Americans need to continue improving their diet.](#)

[Finding affordable food is an international problem.](#)

[In other countries, food labels don't always follow regulatory guidelines.](#)

[A national health prevention campaign in Kenya invests in cost-effective, behavior changes to eliminate preventable diseases and death.](#)

[California wants to put health warning labels on sodas.](#) A [poll](#) shows that citizens support this move.

[Weight loss can be bolstered by social gaming.](#)

[Enjoy the leftover Valentine's Day candy, emphasizes one dietitian!](#)

A new study suggests that we're on a weight loss cycle—weight gain on weekdays varies compared to weekends. Look [here](#) for more details.

[If the Muppets get healthy, then you will too!](#)

[One study associated moms eating peanuts, wheat, and milk during pregnancy with reduced rates of asthma and allergy for babies.](#)

Modifying school lunch for healthier selection is challenging. [But, check out this success story.](#)

Nutri-genomics mixes nutrition and our genes to create healthy. [See the potential in this science.](#)

[Find 20 ways to do a workout at work!](#)

[MATCH is a school program that reduced obesity in students.](#)

["Worthless" foods have healthy benefits!](#)

[There is potential to cut soda from SNAP benefits.](#)

[Kid-friendly, health activities from Fruits and Veggies More Matters](#)

[Nutrition guidelines for Brazil are food-based, simple, straight-forward, and easy to follow.](#)

[How does one mom shop for her family under \\$30 a week?](#)

[Why will you eat less in a foreign country?](#)

[Exercise for an aging body](#)

[8 reasons why kids might be overweight](#)

Local

Philadelphia: [Project Share and other hunger-relief organizations look into their role in incentivizing people to eat healthier their SNAP funds.](#)

State College: [As you age, working out helps you function independently.](#)

State College: [Research on kids' self-regulation and food](#)

State College: [This study sheds new light on the role local food sales in the local economies.](#)

Resources:

Compare the new and old Farm Bill in [this document](#).

The Institute of Medicine (IOM) released two new Workshop Summaries.

- [The science \(and any gaps in the research\) behind safe levels of caffeine in foods, drinks and dietary supplements](#)
- [Environmental science based issues like the role of the food price environment and how sustainability can be incorporated into dietary guidance](#)

For the Fourth Annual Anniversary of Let's Move, [look here](#) for events and celebration ideas.

A great [article](#) documents resources to set up a Farm-to-Hospital movement.

According to this resource, it's time for better school lunch standards for better health. [Check for tips about balancing healthy and money in a foodservice setting.](#)

Check [this NEW website](#) for Latino kids' health.

Click on some healthy [St. Patrick's ideas from Pinterest.](#)

Webinars:

NEW- ["GENIE: Your Nutrition Education Wishes Have Been Granted!"](#) is a webinar happening on Wednesday, March 26, 2014 from 2:00-3:00 PM (EST). This webinar will present the "Guide for Effective Nutrition Interventions and Education (GENIE)." This resource is for program planners and program evaluators to learn how to plan effective, sustainable nutrition education programs to impact their clients.

*NEW-*Community Supported Agriculture (CSA) Expert Exchange online conference will gather farmers and business managers involved in small and large scale CSA distribution. It will be held on March 6-7, 2014 and will discuss information about marketing, running, crop planning on a farm and much more. Look at the tentative [schedule here](#), and [register today](#).

NEW-[The Draft Powered Farm Forum](#) is being held online. You can send your questions about the subject to Donn Hewes, president of the Draft Animal Power Network (DAPNet), at this site. Donn already logged in, and the forum will last between Feb. 24th-28th. [Sign in today!](#)

A webinar, "Culinary Competency to Enhance Dietetic Practice," will be held on March 13th at 2:00 PM (EDT). It will help you use delicious cooking to enhance your healthy message. Registered Dietitians will also be able to attain 1 Continuing Education Credit for attending. To find out more, go [here](#).

[Weight of the Nation](#) has a listing of videos that you can watch to learn about the implications of obesity in the U.S. You can watch them [here](#).

"Making an Impact with Food Insecure Populations" is a webinar, free to dietitians who are a part of the Academy of Nutrition and Dietetics. It will provide you with a basic understanding of the obstacles hungry families have to deal with and how you might be able to help them. The webinar is happening on Monday, March 24, 2014 from 2:00-3:00 PM (EDT). See more information, and [register here](#).

A free, online course is available to anyone. It's through John Hopkins Center for a Livable Future and is called, "An Introduction to the U.S. Food System: Perspectives from Public Health." Look [here](#) for more information

about the course.

Edible Education 101: The Rise and Future of the Food Movement" is a class put on by Berkley and the Edible Schoolyard. Each class is recorded and open to the public over the internet. Here are the first two:

- "[Introductions and the Rise of Industrial Agriculture](#)" presented by Michael Pollen
- "[The Green Revolution and the Economics of the Food System](#)" presented by Raj Patel
- The next presentation will be available after this email.
- [Here](#) is a listing of the recommended readings.

Ted Ex Manhattan, "Change the Way We Eat" is a line of speakers presenting on March 1, 2014. You and your friends can register a viewing party to see the conference online. Find out more [here](#).

The Dietary Guidelines Advisory Committee meets on March 14, 2014 for their third meeting to discuss the development of the Dietary Guidelines for 2015. Register for the meeting and look for more information on [this site](#).

Events:

NEW-From March 3-7, you can celebrate [National School Breakfast Week!](#) Think of all the healthy activities to celebrate!

NEW-"Planning & Record Keeping for a Better Growing Season" is a class happening at [Slippery Rock University](#) (on March 1) and [Lackawanna College Lake Region Center](#) (on March 3). Click on the links to register.

Philabundance is asking people to help with their Spread The Love campaign. From February 14th through February 28th, a jar of peanut butter or jelly will be donated to someone who needs it for every new "like" on [Philabundance's Facebook page!](#) Look [here](#) to learn how to join the fun!

Online registration is now open for the 2014 Pennsylvania Academy of Nutrition and Dietetics Annual Meeting & Exhibition (AME). It's being held in Bethlehem, PA from April 23-25, 2014. Access the schedule, location and register [here](#).

A 3-part Garden Primer will be held by Grow Pittsburgh in select Pittsburgh locations on March 4, 11, 18 or April 3, 10, and 24. Look [here](#) to get more information.

NEW-Grow Pittsburgh is holding a Garden Workshop Series. Check out the dates, topics, and register [here](#).

Maintaining Senior Health-Food Can Help, the 2014 Annual Pennsylvania Department of Aging Nutrition Conference, will be presented at the

Wyndham Gettysburg April 30 and May 1, 2014. This topical program provides valuable information related to nutrition, food safety and the older adult. Attendees will have an opportunity to explore ways to implement nutrition information and programs that may best meet needs of a diverse population. You can find out more and register [here](#).

The Partnership for a Healthier America is holding a "Building a Healthier Future" Conference with Michelle Obama as their Keynote speaker. Join them for this event on March 12-14th at the Washington Hilton in D.C. Check out more details and register [here](#).

The Central PA Food Bank's "Soup Or Bowl" event will be held on March 17, 2014 from 11:00 AM-2:00 PM. It's located at the Radisson Hotel in Harrisburg, PA. Tickets are now on sale. [Visit this page](#) for more information or call 717-564-1700.

Lancaster Family YMCA Kids Marathon at Garden Spot Village is on April 11, 2014. Kids from kindergarten to 8th grade can join from 6:00-12:00 PM. During this time, they will finish 25 miles of walking, biking, or running. Get more information about the [event here](#).

Stroehmann Walk+Run Against Hunger will be held on April 12, 2014. It's a 5K starting at the Philadelphia Art Museum that raises funds for over 100 hunger relief agencies in South Eastern, PA. You can learn more about this event at [this site](#).

The Food Research and Action Center and Feeding America are holding the National Anti-Hunger Policy Conference on March 2-4, 2014 in Washington, DC. For hotel, travel, registration and more information, [click here](#). You can also join the Twitter conversation: #hungerpc2014.

Save the date for the Central Pennsylvania Food Bank's event, Soup and a Bowl. It's in Harrisburg on Monday, March 17th, 2014. For more information, visit this [link](#).

Grants and Opportunities:

NEW-The Student Advisory Committee is providing a 2014 National Nutrition Month Student Award Program, to honor student dietetics associations and clubs that support the mission and vision of the Academy by organizing events in recognition of National Nutrition Month. After a National Nutrition Month, apply for the award by April 15. Find out more by looking under of the "student community" section of www.EatRight.org, or email students@eatright.org.

NEW-Would you like a grant to plan, implement, or sustain a farm or garden at your school? Then look what's available for the Farm to School Grants. Applications are due on April 30, 2014. Find out more information [here](#).

NEW-\$1 Million or fifty, \$20,000 grants are available through the Champions for Healthy Kids Grants and the Academy of Nutrition and Dietetics Foundation. Through these grants, eligible nonprofit organizations across the U.S. will be able to promote healthy eating and active lifestyles targeted to kids and families. Applications must be submitted by a Registered Dietitian Nutritionist or a Dietetic Technician and member of the Academy of Nutrition and Dietetics. Applications are due Friday, March 14, 2014 at 6:00 PM (EST). Look [here](#) for more information.

Have you ever heard about the "Cooking Matters at the Store", a guided grocery store tour? The tours provide information that helps families shop wisely and affordably. Find out more about them [here](#). Go to [this link](#) for more information about a grant available for those who want to teach this tour.

The Academy of Nutrition and Dietetics' Diversity Action Grant is given to an affiliate, dietetic practice group, member interest group, accredited dietetic education program or other Academy unit that improves the recruitment and retention of racial and ethnic minorities in dietetics. A \$1,000 honorarium will support the recipient's program and activities. The deadline to submit an application is April 2, 2014. Find out more information [here](#).

High School students can join Earth Day Network's 2014 Healthy and Sustainable School Food Journalism Competition. Kids, ages 13-18, from across the country can write an article about their school's sustainable, healthy foods. [Enter a paper online until February 28, 2014!](#)

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Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, an entity of The Pennsylvania State University's College of Health and Human Development, as part of USDA's Supplemental Nutrition Assistance Program (SNAP).